

# I Lose Control

COPPER KNOB  
STEPPERS

拍数: 33      墙数: 2      级数: Intermediate - Rolling count  
编舞者: Rosa Turi (USA) - October 2023  
音乐: Lose Control - Teddy Swims



## No Tags, No Restarts

### Spiral Twinkle Step ,1/2 Twinkle R, Lunge Hold, Coaster, Side Rock Twinkle, 3/4 Turn.

1-2-3      Step L forward across R, step R to right side, Step L to left slight diagonal.  
4-5-6      Cross R over L, step back L 1/4 turn R (3:00), step R to R 1/4 R (6:00)  
7-8-9      Lunge L forward, R toe drag forward, Hold (6:00)  
10-11-12      Step back R, step together L, step forward on R

### Left Side Rock Twinkle, 3/4 turn R, Left Twinkle Back ,1/4 Turn Twinkle R,

13-15      Step L to L, Recovery R to R, Step L to L  
16-18      Sweep R behind unwind 3/4 turn Tap R Step R (3:00)  
19-21      Cross L over R, step back R, step back L (3:00)  
22-24      Cross R over L, Step back L 1/8 turn to rt, Step R to R 1/8 (6:00)

### Vine Right, Slide R tap L, Back Step L Touch R

25-27      Cross R over L, Step to L to Left, Cross R behind left (6:00)  
28-30      Lunge R to right, Slide L to right touch, Hold  
31-33      Step L back diagonal, Slide R to left touch hold (6:00)

START AGAIN.....